

Apple cake a sweet treat

Spice up this dessert with cardamom and a honey glaze PAGE 13

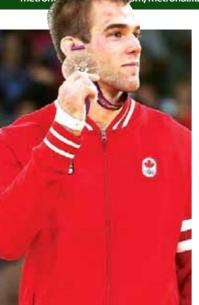
KING OF THE GREEI PAUL CASEY CLAIMS TELUS SKINS



HALIFAX

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Cops on hunt for parolee

Halifax man wanted on parole for manslaughter may be heading back to HRM, police warn public

Muskrat Falls deal finalized

Emera and Nalcor energy announce 13 agreements for \$6.2-billion hydroelectric project

Vandals strike One-day prized garden

Green patch tended to by immigrant community on Glenforest Drive almost completely destroyed

getaways

Try these five thrifty summer activities for the whole family while there's still time PAGE 12

Phelps shatters medal record

Gold and silver medals on Tuesday make American swimmer the most successful Olympian ever





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Emera and Nalcor finalize Muskrat Falls hydro deal

Energy. Emera expects power rates to increase between two and three per cent over seven years



Emera and Newfoundland's Nalcor Energy have finalized a deal that will see 10 per cent of Nova Scotia's power needs met by Lower Churchill hydroelectricity beginning in 2017.

The two energy companies announced 13 formal agreements on the Muskrat Falls hydroelectric project, a \$6.2 billion undertaking billed as a "game changer" for the region.

But Emera CEO Chris Huskilson could not say Tuesday how much the energy will cost Nova Scotian ratepayers.

"We see this initial terawatt hour of energy that will come to Nova Scotia as being about the same cost as other green, other renewable alternatives." Huskilson told re-

Easy to manage?

"Ratepayers will be exposed to the cost of operating the Maritime Link. That will make it quite straightforward for us to manage"

Chris Huskilson, Emera CEO, on the exposure Nova Scotia ratepayers face in the Muskrat Falls deal.

porters at a press conference in St. John's.

"This project is really a capital investment... When we think about the cost of this project against the value we can create by putting that capital to work, I think customers are going to be well served by this project over the course of its life."

Nova Scotia Power Inc. is looking for a three per cent increase in rates for both 2013 and 2014. According to Emera spokeswoman Sasha Irving, the utility is now projecting a two to three per cent increase annually up to 2020.

Under the agreement, Emera — and by extension, Nova Scotia Power Inc. — will receive 20 per cent of the power



Chris Huskilson, right, president and CEO of Emera, speaks during a press conference in Sydney on Tuesday, regarding the Muskrat Falls project. Also pictured is Ed Martin, president and CEO of Nalcor. STEVE WADDEN/CAPE BRETON POST

generated by Muskrat Falls in exchange for 20 per cent of the capital and operating costs.

Emera will also be responsible for the construction and operation of the estimated

\$1.2 billion "Maritime Link," a subsea cable required for moving power between the two provinces. After 35 years, Nalcor would own that cable outright, and could sell power to the Nova Scotian utility for

market price.

Nalcor will also enjoy transmission rights through Emera's New Brunswick and Maine subsidiaries, Bayside and Maine Electric Power Company Inc.

Mobile news



Water polo athlete Rosanna Tomiuk may not have qualified for the London Olympics, but her tribute to Team Canada is definitely worthy of a medal. Scan the code to watch her musical shoutout to Canada's Olympians.

Fix is in for Muskrat review: Younger

Energy Minister Charlie Parker was singing the praises of the \$6.2 billion Muskrat Falls hydroelectricity project in St. John's Tuesday.

Speaking to reporters in Newfoundland, Parker said the deal — which will provide 10 per cent of Nova Scotia's annual electricity needs beginning in 2017 — will mean stability for ever-increasing power rates.

"Right now, Nova Scotia relies heavily on coal imported at volatile world prices for its electricity generation," he said.

"The Lower Churchill project is an important component in ensuring Nova Scotia meets federal coal reduction regulations, as well as our provinces greenhouse gas emissions targets."

But Liberal energy critic Andrew Younger said Newfoundland's public energy utility, Nalcor, stands to gain much more than Nova Scotia ratepay-

"Basically, Nalcor will use our energy grid ... to their benefit, for their profits, and

Quotec

"Both the energy regulations and those guidelines for the review of this project are such that there are very, very slim margins in which the (Utility and Review Board) could say no."

Andrew Younger, Liberal energy critic.

Nova Scotians, at the end of 35 years, will have nothing to show for it," Younger said.

Younger was referring to the subsea cable required to transmit the power between New-

foundland and Nova Scotia, a \$1.2 billion project that will be paid for by Emera. At the end of the 35 year deal, Nalcor will assume possession of that asset.

The project still needs to

be approved by the Utility and Review Board. But Younger said he believes the parameters of that review are so narrow that the URB has no choice but to approve it.

Progressive Conservative energy critic Chuck Porter said he was concerned the final cost for ratepayers is not known.

"We don't even know what the price is. How can we be smiling and happy about a plan where the premier appears to have written a blank check?" said Porter. ALEN BOUTILIER/METRO



metr⊕

Black shines again in gymnastics, Dube sitting back at 25th in sailing

Halifax gymnast.

16-year-old ready for vault finals on Sunday

CALEY

Olympic pressure? What Olympic pressure?

Halifax gymnast first-time Olympian Ellie Black had another outstanding day as she helped Team Canada to its best finish ever in the artistic gymnastics team final at the London 2012 Olympics on Tuesday.

The team placed fifth, scoring 170.804

— four points points behind defending medalgold ists China and six behind bronze medalist Romania.

USA captured the gold with 183.596 points and Russia finished second.

But the 16-year-old Black couldn't be happier with the result, she said in an interview with Metro Tuesday.

"The feeling is

"Thanks to everyone back home in Halifax who have been supporting me all the way."

Ellie Black



amazing and I'm so proud of the whole team. I mean making the final was the best and to increase that fifth was unbelievable," she said.

Black really stood out for Canada with another terrific vault performance, finishing sixth and scoring 15.233 points.

It was the best score Canada put up in the team com-

She also scored a 14.266 on the beam and 14.208 on the floor, finishing 13th in

momentum from the team final to the vault final on Aug. 5. She just needs to keep focused and harness her Olympic excitement to give her best performance yet, she said.

"It's tough because this is so exciting, but I just have to use what I've learned over the past couple days of competition.'

She qualified for the final last weekend with a score of 14.366.

@EllieBlack_

Thanks so much for all the love and support! 5th place in the team finals! Making history with these amazing girls! GO CANADA!



women's laser dial, the day started well for Danielle Dube of Glen Haven, but finished in a bit of rough water.

The 25-year-old currently sits in 25th place after four of



After the 10 races, the top 10 sailors move on to the

Dube had a solid showing in race three finishing in 20th place, but in her second race of the day she fell back to 33rd. Races five and six are



Police looking for parolee, could be in HRM

Halifax police are warning the public about a Halifax man wanted on parole for manslaughter head to the HRM.

On July 29, police say 21year old Brandon Anderson didn't return to a half-way house in Saint John, N.B.,

and a Canada wide parole warrant was issued for his arrest.

Investigators in New Brunswick then contacted Halifax police's High Enforcement Action Team that he could be heading to our

Back in December 2008. Anderson, who was 17 at the time, was sentenced as an adult to spend four years behind bars.

He was convicted of the fatal stabbing of Paul Saunders, of Quebec. The incident took place at a party at

a Halifax apartment in April of the same year, after a disagreement over how to cook a microwave pizza

ANDREW CALEY



Anderson is on parole for manslaughter and investigators believe he is a risk to the public. He is considered dangerous and shouldn't be approached.

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New Waterford

Driver killed in C.B. car crash

A man in his 20s died Tuesday in a Cape Breton car crash

Cape Breton Regional Police say the crash occurred just before 9 a.m. near 55 Nicklewood Ave in River Ryan, near New Waterforď.

The man was pronounced dead at the

Police said the man's name is being withheld until relatives are informed of the death THE CANADIAN PRESS

Stabbing death

Defence attorney urges court for manslaughter conviction

While admitting her client was responsible for the stabbing death of his 17-year-old girlfriend, defence attorney Darlene MacRury urged a prov-incial youth court judge Tuesday to return a conviction on manslaughter and not second-degree murder.

"When you look at the evidence, the reasonable conclusion is that the accused committed the act,' MacRury said in her final summation before Judge Anne Derrick.

At the time of the offence on Dec. 3, 2010, the accused was 16 and is being tried as a youth.

The Crown has served notice that regardless of the verdict, it will argue the accused should be sentenced as an adult. Derrick will deliver her decision Aug. 31

CAPE BRETON POST

Strait Area

Chamber of Commerce to launch committee

With a retail sector that's been badly battered by industrial closures over the past year, the Strait Area Chamber of Commerce is launching a new committee to see what can be done to help Port Hawkesbury area businesses.

The new committee comprised of chamber members and retailers will work with local businesses to support Port Hawkesbury as the commercial and service centre destination

for the Strait region. Stone said they have hired someone to go doorto-door to talk to businesses to see what they need and to gather their ideas. CAPE BRETON POST



Vandals uproot immigrants' prized garden

Search. Police are looking to hear from anyone with info on perpetrators of incident

ANDREW CALEY

An act of vandalism has not only uprooted a community garden, but also a community.

The immigrant community garden on Glenforest Drive in Halifax was almost completely destroyed sometime overnight on Sunday

For 14-year-old Muhamed Almla, the garden reminded him of his home in Syria.

"Every home at home had flowers, so me and my brother worked hard to make them like that here," he said as he grasped a surviving green onion.

"Why did this happen to our

hard work?"

The majority of all the plants were either uprooted or broken in half when those who tend the garden arrived on Monday morning.

"There was very significant damage," said Peter LaPierre of Home Harvest on Tuesday. Home Harvest is an edible

landscaping and gardening service that helped the immigrant community build 16 plots for growing vegetables and flowers last May, LaPierre said.

"It was a fabulous day. Everybody from grandparents to toddlers were here with wheel barrows and shovels. They take tremendous pride in it," he said. "So everybody was shocked and saddened when they saw the damage.'

Seeing the damage was tough for the community to take said, Madhu Adhikani, a former farmer from Bhutan.

"It is hard work everyday,"

"Why are they angry at a plant? I do not understand."

Madhu Adhikani

he said. "When we started the garden it makes everyone happy and now they are sad. I

But the community is not going to let the incident keep them down. The garden has already received several donations of potted plants and seeds, said LaPierre

"Once again everybody's coming together to replant the garden. It's getting there." Almla laughed, "We are not

going to sleep.'

Police are investigating and ask anyone with information about the incident is asked to contact police at 490-5016.

Tourism. Coastal erosion affects Cape Breton hiking trails: Guidebook author

Coastal erosion has affected hiking trails in Cape Breton, says author Michael Haynes, who has reduced the number of paths covered in his updated guide to the island.

Some trails have suffered from so much erosion that their routes had to be changed. Other paths, including Pringle Mountain, Marble Mountain and Cape Perce, "had recent developments that rendered them unusable," Haynes writes in the preface to the second edition of Hiking Trails of Cape

Breton (Goose Lane).

As well, some trails that existed at the time of the first edition, published in 1999, have been abandoned or have become dangerous.

As a result, the new edition contains 40 routes, down from

50 in the first.

Haynes says the guide, nonetheless, outlines some of the best hiking opportunities in the Maritimes. Ten trails in Cape Breton Highlands National Park are included. Other areas covered include Cape Mabou Highlands, Cape Smokey Provincial Park and Money Point at the northern tip of the island. THE CANADIAN PRES

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Paul Watson. Canadian activist who is wanted in at least 3 countries is determined to disrupt Japanese whalers this winter

Paul Watson, the fugitive founder of environmental group Sea Shepherd, vowed Tuesday to continue disrupting Japan's whaling fleet when it heads for the southern oceans this winter, despite authorities in at least three countries seeking his arrest.

The 61-year-old Canadian was detained in Germany in May on a Costa Rican extradition warrant that accused him of endangering the crew of a fishing vessel in 2002.

About 10 days ago Watson, who sees himself as an advocate for whales, sharks



and other marine animals, skipped bail after learning that Japan, too, was seeking his extradition from Germany.

"I can serve my clients better at sea than in a Japanese prison cell and I intend to do just that," he said in a

statement issued by his U.S.-based group, which didn't disclose his current location. "In December, our ships will sail forth for the ninth campaign to oppose the outlaw Japanese whalers in the Southern Ocean Whale Sanctuary."

The Southern Ocean Whale Sanctuary is a vast conservation area around Antarctica in which commercial whaling operations are banned.

Watson said he believed the Japanese warrant related to the collision of a Japanese whaling support ship and a Sea Shepherd boat in January 2010. Sea Shepherd has accused the Japanese ship of deliberately ramming its futuristic, rocket-shaped boat, the Ady Gil, and eventually causing it to sink. The whalers denied it, saying the Ady Gil's captain deliberately put his vessel in their ship's path.

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Thousands affected by power outage after Ontario storm

A woman wearing a rain poncho crosses Queens Quay in Toronto during a heavy downpour Tuesday. A severe thunderstorm in the Greater Toronto Area flooded streets and caused a power outage that affected roughly 4,000 people. PAWEL DWULLT/TORSTAR NEWS SERVICE

Ontario woman injured

Lightning jolts group of canoeists

An Ontario woman is recovering from injuries after she was struck by lightning while canoeing with six other people in Manitoba's wilderness.

RCMP say a group of women and girls were on an organized camping trip and were paddling along the Bloodvein River near Lake Winnipeg on Sunday when a sudden storm approached. They were going to shore when the 23-year-old woman was hit by lightning.

THE CANADIAN PRESS

G20 fallout

Hairy legs got them arrested: Claim

Women claiming to have been profiled because of their hairy legs are among a group of seven people planning to serve a \$1.4-million claim against police on Wednesday arising out of the violence-marred G20 summit two years ago. The group from Hamilton, Ont., alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a Yonge Street restaurant, their lawver said. THE CANADIAN PRESS

NEWS

Again! Blackout leaves India reeling



Another day of chaos.

Second power outage leaves 620 million in the dark, sparking the question: Can India cope with change?

The world's biggest-ever power outage left 620 million people in the dark Tuesday.

More than half of India was blacked out when three regional grids collapsed.

Hundreds of coal miners were trapped underground.

Trains stalled across the country and New Delhi's Metro shut down.

Even electric crematoria stopped operating, some with bodies half burnt.

The massive failure came day after a similar outage

hit 370 million people. And it raised serious concerns about India's outdated infrastructure and the government's inability to meet the huge appetite for energy as the country aspires to become an economic super-

Power Minister Sushil Kumar Shinde blamed the new collapse on states taking more than their allotted share of electricity.

overdraws "Everyone from the grid," he told repor-

He added: "I gave directions that states that overdraw should be punished."

Power officials said the system would not be back to 100 per cent until Wednes-

A bleak fact behind the outage: A third of India's households do not even have electricity to power a light bulb. THE ASSOCIATED PRESS

Get the facts about 13 of the world's most notable power outages. Click on metronews.

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Patent trial. Samsung copied our technology: Apple

An attorney for Apple told a jury Tuesday that bitter rival Samsung faced two options to compete in the booming cellphone market after Steve Jobs introduced the iPhone to critical acclaim in 2007. Innevente or conve

2007: Innovate or copy.

Samsung chose to copy,
making its smartphones
and computer tablets illegal
knockoffs of Apple's popular products, attorney Harold McElhinny claimed.

Samsung "has copied the

entire design and user experience" of Apple's iPhone and iPad, McElhinny told a jury during his opening statement at the patent trial involving the world's two largest makers of cellphones.

In his opening statement, Samsung attorney Charles Verhoeven countered that the South Korean company employs thousands of designers and spends billions of dollars on research and

Damages

\$2.5B

Apple is demanding \$2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

development to create new products.

"Samsung is not some copyist, some Johnny-comelately doing knockoffs," he said.

Verhoeven asserted that Apple is like many other companies that use similar technology and designs to satisfy consumer demands for phones and other hightech devices.

For example, he said several other companies and inventors have filed patent applications for the rounded, rectangular shape associated with Apple products.

THE ASSOCIATED PRESS



Lowe's builds case for takeover

A man carries building supplies from a Rona store in Toronto on Tuesday. Rona Inc. has rejected a \$1.76-billion unsolicited takeover offer from U.S.-based Lowe's Companies, which says it's still interested in buying Canada's largest home-improvement chain, issuing a statement that said institutional fund managers controlling about 15 per cent of Rona's stock have expressed support for the acquisition.

Planned budget carrier worries Air Canada pilots



Air Canada pilots are concerned that the airline's launch of a low-cost carrier could threaten their job security and working conditions, the union said Tuesday as the plans came closer to fruition after an arbitrator sided with the airline in a labour dispute.

A federal arbitrator chose Air Canada's final offer Monday, imposing a five-year collective agreement that includes, among other things, provisions allowing the airline to create a budget carrier.

The airline says the agreement, effective until April 2016, will give it the flexibility it needs to compete with budget carrier WestJet, which operates mostly domestic flights and doesn't have Air Canada's issues with union

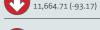
and pension woes.

Although Air Canada's offer indicates the low-cost carrier will employ workers from

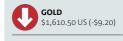
the Air Canada Pilots Association, the union's president says it will be "under drastically different terms of employment."

THE CANADIAN PRESS









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FOR THOSE OF US WHO MISSED THIS IN KINDERGARTEN



SAYIN

thing I needed to know in useful stuff, like waiting until the bathroom break to go pee.

about, like "some think it's candy but it's not," and "cheaters

never prosper." The first one we'll save for another column, but the cheaters line always causes me to go hmm. If that's true, why do so

many people cheat? Never mind the consequences, what's the value of the experience?

This is the question that must be going through the minds of the various cheaters who weren't paying attention in kindergarten. Almost everyone cheats, even though it's a hollow experience. Apparently, it beats the hollow experience of authentic existence. Maybe you have to go to graduate school to learn that one. Existentialism

Yet, they still do it. Although anti-doping officials plan to run 6,250 doping tests at the current Summer Olympics, at least nine athletes (so far) thought they could beat the odds and have been caught and sent home, the latest being the proverbial Al-banian weightlifter. Don't they have kindergarten in Albania?

Then there's that cheating vampire Kristen Stewart, who thought she could bite the wrong neck despite the fact that she's routinely surveilled by more cameras than a London

subway platform. Or how about Jonah Lehrer, the bright young journalist who resigned from the New Yorker this week after he got caught making up Bob Dylan quotes. "Who's Jonah Lehrer?" tweeted Dylan, who should talk. He stole Ramblin' Jack Eliot's voice. But then Ramblin' Jack was something of a cheat as well. He came across all Ramblin' Jack, folksy and wild-western, when in fact his real name was Elliot Charles Adnopoz and he grew up in Brooklyn.

Did Ramblin' Jack or Bobby ever stand up and say they cheated, that they weren't really itinerant troubadours who learned their art and wisdom

on the highway? Uh, no. But making up quotes from an influential $% \left(1\right) =\left(1\right) \left(1\right) \left($ singer-songwriter, that's cheating. And if you weren't so busy nosemining in kindergarten, you would know that

The Father of All Cheats, a dentist named Kip Litton from Michigan, made up an entire marathon and placed himself first in it. Rosie Ruiz, the famed Boston Marathon cheat, had nothing on this guy. As well as the bogus West Wyoming marathon, Kip has cheated his way into Boston, and despite an exposé in this week's New Yorker (irony alert!) he's still going!

Cheaters never prosper. They also never give up. Didn't learn that in kindergarten, so it must be genetic.



Other stuff I'm still not sure

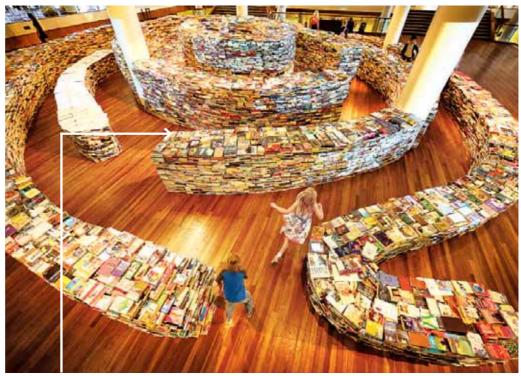






Kip Litton, the marathon cheater.

Love the written word? Get lost!



Literary art

Labyrinth of books makes for twisted tunnel

If you are a lover of the written word, you'll be amazed by this labyrinth.

Brazilian artists Marcos Saboya and Gualter Pupo used 250,000 books to create it.

The installation at Britain's Southbank Centre is a part of the London 2012 Festival, a three-monthlong cultural event held concurrently with the Olympics. METRO

 $\mathbf{Pane}^{ injection}$

Olympics?

Book worm

- Inspired by a literary great. Brazilian artist Gualter Pupo said the installation's design is based on the fingerprint of Jorge Luis Borges, one of Latin America's greatest writers. "He was almost a library himself," Pupo joked.
- Maze's meaning, Is it a maze or a bibliophile's dream? Pupo said the idea behind this interactive in-stallation is to gaze at the covers and read the books, all to rekindle the power of literature first experienced in childhood. "People have

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14%

I'M ONLY PARTAKING WHEN THERE'S NOTHING ELSE ON

to look at literature and remember how it builds our character and personality," he said. About the concept of a maze, the artist profoundly added: "You need to get lost in order to find your right way."

Book sources. Pupo said that about half of the books were donated by British charity group Oxfam, with the rest provided by numerous book publishers. Pupo, director of non-profit production company Hungry Man, said all the books will be donated back to charity after the exhibition ends on Aug. 26.

In numbers

VOICES

volunteers a day for a threeweek period were needed to as-semble the 250,000-book-strong labyrinth, which is more than 500 square metres in size

Check out a time-lapse video of the 'booklavers' making the maze metronews.ca.



@bobbyyang: Horsehair-shredding set with Costner last night in Halifax! Thank you @TELUS and @TELUSworldskins for the hospitality and great vibes!

Oh lords. "are you saved" group is back harassing folks down-town for their "Sins". Hrmpd are on their way

@allie_sampson:

Half dressed guy walking down

guinnool who i thought was you @CShipper so I tried to pick him up #choke #typical

@HFX_Lauren:

Woohoo best placing for the Canadian women's Gymnastic in a non boycotted Olympic Games! Good job to Halifax's @ EllieBlack !

@mikeyerxa:

Ellie Black is from Nova Scotia. Maritime pride!!!!



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The CW announces adding Neil Patrick Harris online hit, and teases other upcoming network projects

AMBER RAY Metro World New

Dr. Horrible's Sing-Along Blog, Joss Whedon's three-part musical starring Neil Patrick Harris, Nathan Fillion and Felicia Day, officially makes its television debut on Oct. 9 at 9 p.m. on The CW, the network announced at the Television Critics Association press tour in Beverly Hills, Calif., this week.

The Internet hit, about a budding super villain (Harris), was created during the Writers Guild of America strike and first ran online in 2008. Mark Pedowitz, President of The CW, admitted he's a big fan of the musical, and said



he proactively touched base with Whedon to get Dr. Horrible on The CW.

"I made the phone call. I said, 'would you like it on television?" Pedowitz told journalists. Pedowitz plained that the series will be re-edited for time constraints, so what viewers will see is "basically what's been online."

As for additional Dr. Horrible stories, Pedowitz is eager to bring any potential new episodes to The CW.

"Hopefully if Joss does another one, we'll get a crack at it," he said.

In other cult hit news, Pedowitz said the network would "love to do" a series based on the bloody, futur-istic thriller Battle Royale, a Japanese film released in 2000 with a very Hunger Games-like plot: The government forces high-schoolers to

The next cycle of America's Next Top Model will be the series' first college edition, featuring 13 model wannabes who are enrolled in universities and trade schools across the country.

Season starts. Also new to the series is a social media correspondent, fashion blogger Bryanboy, who will share comments and video messages from viewers during judging. The season premieres Aug. 24 at 8 p.m.

fight to the death.

Though Pedowitz says
he is a "big believer" in the show, particularly because of the movie's cult following and its dystopian plot, right now he says an adaptation is at this point in time only in development.

"Not even in development.

Only a phone call.'

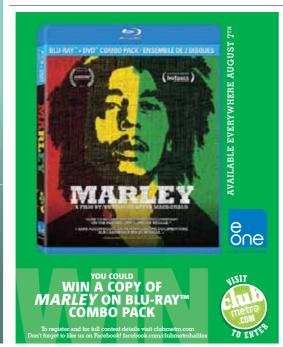
Regarding fantasy/sci-fi series that are returning to The CW, Pedowitz said the new season of The Vampire Diaries will (spoiler alert!) explore Elena's transition into a vampire.

"Does she follow Stefan's

path or Damon's path?"
Considering the series'
high body count, Pedowitz confirmed there will be new faces on Season 4.

"There are always new characters," he said. "And those who are dead can re-

Also at press tour, The CW announced that the winner of The Next, a singing competition that travels the nation searching for new talent, will be awarded a contract with Atlantic Records. Premiering Aug. 16 at 9 p.m., the series features mentors Nelly, Gloria Estefan, Joe Jonas and John Rich finding local talent, then bringing the singers to Los Angeles, where they will vie for viewers' votes during live performances.



LOOKING TO MAKE A CAREER CHANGE?

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Monday & Wednesday.

METRO DISH

The Word

What's his name? **SnoopLion**

WORD

We expected that Snoop Dogg would change his name again at some point. The rapper — who was born Calvin Cordozar Broadus, Jr., christened himself Snoop Doggy Dogg, then dropped the Doggy — was at least one reincarnation behind Diddy.

What we didn't expect was that we'd be calling him Snoop Lion. The new name comes after a trip to Jamaica, where he visited with Rastafarian priests.

"I want to bury Snoop Dogg, and become Snoop Lion," Snoop revealed at a news conference in New York. "I didn't know that until I went to the temple, where the High Priest asked me what my name was, and I said, 'Snoop Dogg.' And he looked me in my eyes and said, 'No more. You are the light; you are the lion.' From that moment on, it's like I had started to understand why I was there.'

Since when did Snoop start to sound like your too-touchy yoga teacher? That's a ques-tion for another day. For today, we ask you this: What is Justin Bieber's spirit animal?

Lindsay Lohan

Spirit animal: Capuchin monkey. Because no other animal is known to both chain smoke and steal

Justin Bieber

Spirit animal: Chipmunk.

The high voice, the admirable scrappiness, the built-in racing stripes: Chipmunk DNA is one diamond earring removed from Bieber's building blocks.

Taylor Swift

Spirit animal: Gazelle. So graceful, so delicate, so innocent. And yet, we'd be really afraid to fall in her pen.

Tom Cruise

Spirit animal: Cockatoo. Perfectly coiffed and dead behind the eyes, both of these unnerving creatures have learned to speak gibberish while mimicking humans.



Schwarzenegger ranch available at a discount

Arnold Schwarzenegger and Maria Shriver are still looking to unload their 24-acre Santa-Barbara-area ranch and have reduced the price again, according to Radar

The sprawling estate — former owners of which include Clark Gable, Jimmy Stewart and John Wayne — has been on the market since January and is now being offered for \$4.495 million US.

Schwarzenegger and Shriver purchased the property in 2008 for \$4.7 million. Despite taking a potential loss on the sale, Shriver is reportedly eager to unload it.

"She thinks the land has bad energy," a source says. "Maria's a very spiritual person and she doesn't want any negativity in her life, especially after everything she went through, so she just wants it gone from her life." That "everything" the

source refers to includes Schwarzenegger's admission that he maintained an affair and fathered a child with a member of their household

Holmes doing 'really great' since divorce, source says

It's been a month since Katie Holmes filed for divorce from Tom Cruise, and apparently the lifestyle change is working out for her.

"She's doing really great. She's so strong, she's an independent

girl with her own ideas. She is fine," a source close to Holmes tells Us Weekly.



Holmes has also reportedly been spending more time with 6-yearold daughter Suri. She wants to really become a parent and start teaching her strong discipline," another source says, explaining

that Holmes realized the young girl had become "very demanding and bratty."

If you're selling bed sheets at a Chevron. vou probably don't need to bother announcing



I'm fasting to prepare for my trip to Chicago this weekend because I'm going gorge myself there.



@SteveMartinToGo

There's a new reality show on NBC called "The Olym pics." The judges need to bicker more and berate the contestants

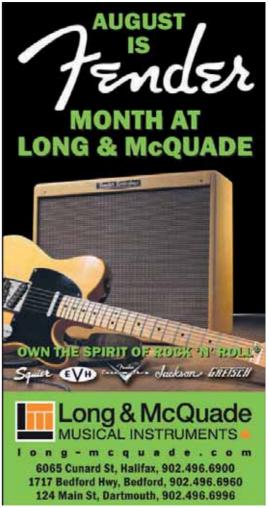


@AlbertBrooks

Enjoying Olympics. Just found out the high jump has nothing to do with how you watch it.







metronews.ca Wednesday, August 1, 2012 **TRAVEL**

Summer is the peak time for Canadian families to go on vacation, but let's face it; the cost of hotels, food and fun can blow your budget. With only a handful of weeks left before the kids go back to school, here's five suggestions for cheap day getaways in Canada.

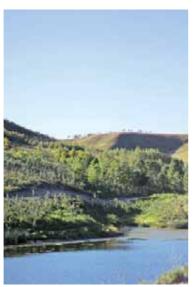
MAE GIFFORD



Ride around Stanley Park in Vancouver

Estimated cost: \$125-150 for a family of four to rent bikes for half a day

A popular pastime for locals and tourists, renting bikes and sailing around the park's stunning seawall never gets old because you discover something new every time. The park is full of famous landmarks so create a fun (and free!) scavenger hunt by searching for each one.



Raft down Calgary's Bow River

Estimated cost: \$10 to \$55 for four to six

Most Calgarians agree there's no better way to spend a hot summer day than drifting along the Bow River. This activity is free if you already own or can borrow a raft but the cost to rent a six-person floater is \$55. Bring some drinks and snacks and you're laughing. Don't forget sunscreen and life jackets.



Soak up the sun on Grand Beach, Manitoba

Estimated cost: \$10-\$50 for a family of four

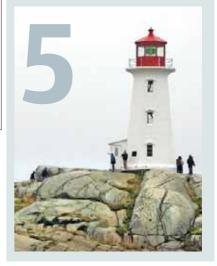
Nestled on the eastern shore of Lake Winnipeg, Grand Beach features three kilometres of beautiful white sand. Located within a provincial park, there's a lot of affordable activities to do including hiking, bird watching and camping. Pack a picnic lunch and enjoy it while relaxing on a beach blanket.



Paint a picture in Peggys Cove, Nova Scotia

Estimated cost: Free to \$30 for art

One of the most recognizable light-houses in the world, a trip to this eastern province isn't complete without a stop at Peggys Cove. Make your next trip there meaningful by getting each person to draw or paint their interpretation of the famous red and white lighthouse. It will be an experience and piece of art that you'll





Take a deep breath on Toronto's islands

Estimated cost: \$21-\$200 for a family of four, includes ferry and cost of amusement

Quiet, tranquility and arguably the city's best skyline view can be found on Toron-to's islands. Just a quick ferry ride away, Centre Island, Hanlan's Point and Ward's Island provide relief from city life and promote relaxation. Centreville Amusement Park is a popular destination for families because of its 30 rides and attractions. Save \$5 by buying an all-day park pass for four online.





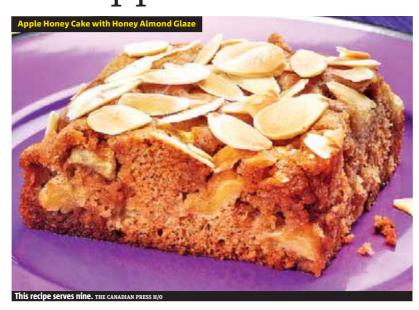
On the web

metronews.a. FOOD/WORK/EDUCATION 13

Uniquely Indian spices and sweet honey take apple cake to next level

A delicious blend of Indian spices plus apples and honey make this a great cake for snacking or dessert. It's perfect to enjoy with a glass of ice tea on any summer weekend or bring along to a family get-together.

- 1. Line a 2-litre (9-inch) square baking pan with foil, allowing 5-cm (2-inch) overhang on 2 sides of pan; grease foil.
- 2. In a bowl, whisk together flour, ground almonds, baking powder, baking soda, cardamom, cinnamon, nutmeg, cloves and salt.
- **3.** In a large bowl, beat egg with brown sugar until thick and creamy. Combine milk, oil and honey, add to egg mixture. Stir in flour mixture. Fold in apples; spread in prepared pan. Bake in a 180 C (350 F) oven for 35 to 40 minutes or until cake tester comes out clean.
- **4.** Honey Almond Glaze: In a small saucepan, bring honey, apple juice and cardamom to a boil; reduce heat and sim-



mer for about 5 minutes or until slightly thickened, stirring occasionally.

5. Place cake on wire rack and gently poke several holes

in cake with fork. Carefully pour warm glaze over cake. Sprinkle with toasted almonds. Let cool for about 10 minutes, then lift cake out of pan using foil "handles." Serve warm or at room tem-

PETATURE.
FOODLAND ONTARIO/ THE CANADIAN
PRESS/ ADAPTED BY EMILY RICHARDS
(HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF, FOR MORE,
VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 325 ml (1 1/3 cups) all-
- purpose flour
 150 ml (2/3 cup) ground
- 2 ml (1/2 tsp) each baking powder and baking soda
- 4 ml (3/4 tsp) ground car-
- damom
 2 ml (1/2 tsp) ground cin-
- namon
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) each ground cloves and salt
- 1 egg
- 125 ml (1/2 cup) packed brown sugar • 50 ml (1/4 cup) each milk
- 50 ml (1/4 cup) each milk and vegetable oil
- 50 ml (1/4 cup) liquid honey
- 2 medium apples, peeled, cored and chopped

Honey Almond Glaze

- 125 ml (1/2 cup) liquid honey • 30 ml (2 tbsp) apple juice or
- water
 0.5 ml (1/8 tsp) ground cardamom
- 50 ml (1/4 cup) toasted sliced almonds

Drink of the Weel

The Southside of Morocco Smoothie

- 2 strawharria
- 2 oz (30 ml) pomegranate juice
- 5 mint leave:
- 3/4 oz (20 ml) fresh lime juice
- 3/4 oz (20 ml) agave syrup (1:1 ratio with water)
- 1 slice fresh ginger
- 1 pinch cayenne pepper
- 1 2 tbsp (5 10 ml) almond butter

Add each ingredient to a blender or food processor and mix until well blended. Serve in a glass, with or without ice, and garnish with a mint sprig. For a slushy texture, blend ingredients with ice or substitute with frozen strawberries.

THE ASSOCIATED PRESS/ ALMONDBOARD.COM



Student Voice

My degrees are my experience, so hire me already!

Adelle Farrelly, Graduate, Bachelor of Arts in English Literature McCill University, Graduate Master of Arts in Medieval Studies University of Toronto TalentEog.ca

I always knew in the back of my mind that an academic career was a slim possibility, but I foolishly thought that the skills I would gain from a bachelor's degree, never mind a master's, would give me the flexibility and work ethic that would make me attractive to potential employers.

I was set on applying to PhD programs when the combination of a death in the family and financial struggles gave me pause — that could wait, I thought, until I had worked for a few years in the real world, paid off my student loans, and established what great question I would like to tackle.

More grad school is still a possibility down the line, but that dream of real-world work experience is fading fast.

In some ways I have done everything wrong: two arts degrees, student loans, no real internships to speak of, no connections, no networking, just retail experience and a knack for Latin. Even with a



reduced course load, I never had the time others seemed to have for unpaid internships and student groups as I was busy working a retail job.

I was one of the first people in my family to go to university and I had no relatives or family friends able to give me advice or connections. I don't want to make too many excuses, because there are people who start with far less and go much further, but those were the risks and limitations I perceived.

By all conventional wisdom, a degree should mean something. Yet when I finished my MA I found myself working at a certain well-known coffee chain surrounded by fellow students and recent graduates, all of us looking for that "real job" and confused about our fate.

One truly great thing came out of this experience: I realized that what I want to do, what I really want to do, is write

Where I am now

So, what am I doing now to

improve my situation? Reading. Writing. Applying for everything in sight, whether I'm "qualified" or not. Networking socially. Blogging. Translating Latin in my spare time. Quite frankly, writing this. All I need, I keep saying, is just one opportunity with someone willing to show me the ropes.

My recommendations for students

Students! You, there, who wants to be a professor! I am proud of you and know you know your stuff, but remember: if for whatever reason that path doesn't work out, don't assume that you can just "get a job in publishing or something."

publishing or something."
If that really is your secondary career choice, start putting at least a little effort into that starting now, or you'll end up in my position.

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metr⊕

Job Posting

Position: Graphic Designer

Reporting to: Sales Manager, Metro Halifax

Location: Halifax, Nova Scotia

Posting Date: July 26, 2012

Reporting to the Sales/General Manager, Metro Halifax, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, comprehensive and complete software knowledge including QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, Illustrator
- Proficient on MAC platform
- Knowledge in optimizing images for web (optimal file sizes, file formats etc) while maintaining small file sizes
- Ability to prep files for print production
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 25, 2012. PLEASE QUOTE: "Graphic Designer - Halifax" in the subject line. All submissions will be treated as confidential.

14 SPORTS metronews.ca Wednesday, August 1, 2012

Stephen Ames, Ihonattan Vegas, Paul Casey, Carl Pettersson and Lucas Glover ham it up as they walk down the 18th fairway at the Glen Arbour Golf Course during the last hole of the tournament on Tuesday. JEFF HARPER/FOR METRO

Casey cashes in to take skins game title

Mobile sports



Two finals, two golds.
And all anybody
wants to know about
Chinese teen swimming
sensation Ye Shiwen is
whether she's doping.
Ye, 16, has never
failed a drug test, and
Olympic organizers
spent much of the day
defending her, saying
the suspicions were
"crazy" and motivated

ealousy. Scan the de for the story. Golf. Players record 26 birdies and two eagles over 18 holes to raise \$58,000 for IWK Health Centre Foundation



PHILIP CROUCHER

Forget about an extra hole to decide a tournament.

For Paul Casey, go right to closest-to-the-pin.

In a dramatic conclusion to

In a dramatic conclusion to the TELUS World Skins Game, Casey won in a playoff by outduelling his four playing partners on who could hit a 125yard approach shot the closest to the final hole.

"I love it," Casey said of the

unique ending to the tournament. "I have no issue with it."

The playoff Tuesday at the Glen Arbour Golf Course in Hammonds Plains was needed after a carryover worth \$100,000 on the par-5 18th.

With all five players in the running for the title, Casey was first to hit and landed a 56-degree wedge shot to about eight feet above the pin. Then, after Carl Pettersson, Jhonattan Vegas and Stephen Ames failed to beat that, it came down to Lucas Glover.

But the former U.S. Open champion couldn't top Casey either, giving the Englishman the final four skins and his first TELUS skins game title.

"I've not had a chip-off for a skins game or a shootout, anything like that," said Casey, who finished with eight skins totaling \$185,000.

How they finished

- \$185,000. Paul Casey, 8
- \$85,000. Jhonattan Vegas, 5 skins
- \$60,000. Carl Pettersson,
- \$15,000. Stephen Ames,
- \$15,000. Lucas Glover, 1

This was a well-deserved victory by Casey. He played the back-nine 5 under par, and really got his round going when he drained a 30-foot birdie putt on the par-3 13th to take two skins and \$45,000.

On the next hole, he had the shot of the day, hitting out of a fairway bunker on the par-5 14th and sticking his shot about 20 feet from the hole. He then stepped up and drained the eagle putt for another skin.

"I just hit a five-iron straight at it and tried to hug into the wind, which is exactly what I did," Casey said. "And then I hit the putt beautifully."

The clear fan-favourite for the 10,000-plus fans over the two days was long-hitting Vegas. Overall, he drove the green on three holes, including on both the par-4 15th and the par-4 16th.

"It was fun going for those greens and getting the crowd to get really excited," said Vegas, who won the event last year. "I don't usually go for par 4s that often, so it was fun to give it a try."

NHL

Red Wings sign Frk to three-year entry-level deal

The Detroit Red Wings have signed Halifax Mooseheads forward Martin Frk to a three-year entry-level contract.

The forward from the Czech Republic was the team's top pick in June's NHL entry draft, taken in the second round, 49th overall.

In two seasons with the Mooseheads, Frk has tallied 38 goals and 79 points in 96 games.

Frk will earn \$2.1025 million US in base salary over three years if he plays at the NHL level and \$67,500 per season if he plays at the American Hockey League level.

His contract also includes \$277,500 in signing bonuses over the next three years plus an additional \$10,500 if he returns to the Mooseheads next season.

PHILIP CROUCHER/METRO



NHL

Alfredsson to return to Senators

Ottawa Senators captain Daniel Alfredsson isn't ready to call it quits just

The 39-year-old forward announced Tuesday he will return to play out the final year of his four-year contract with the NHL club.

Alfredsson said he needed to test himself in rigorous off-season training to see if his body could withstand another NHL campaign before deciding whether to return. The result was positive.

"I've had the motivation of playing from the beginning, but I had to go through the process," the right-winger said on a conference call from Sweden.

Alfredsson will return for a 17th season with the only NHL team he has known and where he has been captain since 1999-2000. He has amassed 416 goals, 666 assists for 1,082 points in 1,131 games all team records

THE CANADIAN PRESS

Glen Arbour too short for PGA's Canadian Open: Ames

The Glen Arbour Golf Course has hosted the Canadian Open for the LPGA, and now a PGA tour skins game.

But Calgary's Stephen Ames says while he enjoyed playing the 18-hole layout in Hammonds Plains, he doesn't believe it would work as the host course for the PGA's Canadian Open. In its long and storied history, the Canadian Open has never been played east of Quebec.

bec.

"A little too short ... obviously, looking how far Jhony hits it," he said, referring to

Jhonattan Vegas. "You're going to have some courses that are obsolete to these guys... but on the whole, it's short, unfortunately. Logistics and everything else, it would probably work very well."

All five players praised Glen Arbour's greens, which they estimated hit at about 13 on the stint meter. But there was an issue with the softness of the fairways.

"They got the greens right, but they didn't get the soil right on the fairways hence the reason why they're so soft," Ames



said. "But the greens were probably some of the best greens

that we've putted on all year."

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Canada lifts, dives and fights its way to 3 bronze on Day 4



Canadian medal roundup. Canuck athletes have captured four bronze medals at London 2012 Olympics

It was a multi-medal day for Canada at the London Olym-

Antoine Valois-Fortier won a bronze in men's judo less than 30 minutes after the diving team of Roseline Filion and Meaghan Benfeito captured a bronze in the 10-metre synchronized event.

About an hour later, weightlifter Christine Girard captured

"We had to dive our hearts out. We were ready'

Roseline Filion and her diving partner Meaghan Benfeito, captured a bronze in 10-metre synchronized diving event. bronze in the women's 63-kilogram class.

Canada now has four total medals after Tuesday's action, all bronze.

Valois-Fortier, a 22-year-old from Quebec City, defeated American Travis Stevens 1-0 in the bronze medal bout of the men's 81-kilogram judo event.

"It feels amazing. I've sac-rificed so much and all of the fights today were very hard," Valois-Fortier said. "It was tough mentally but the whole team supported me and I managed to pull myself together. I wanted it really bad, it's what I work for every day."

Filion, from Laval, Que. and Benfeito, from Montreal, finished with a combined score of 337.62 for their diving bronze

"We said there was nothing more we could have done," Fil-

China continued to dominate the competition, with Chen Ruolin and Wang Hao winning the gold.

"They can make mistakes," added Benfeito. "We try to



say we can win the gold. But they're amazing divers.'

Paola Espinosa Sanchez and Alejandra Órozco Loza of Mexico took the silver.

Girard, who grew up in Rouyn-Noranda, Que., and lives in White Rock, B.C., completed the hat trick an hour later to become the first Canadian woman to ever win a weightlifting medal at a Games.

She finished third with a total weight of 236 kilograms.

"It is very hard to describe how I feel," Girard said. "Four years ago in Beijing I came fourth and since then I have spent the past four years training through injuries and various changes in my life to get to this moment."

Maiya Maneza of Kazakhstan won gold, while Svetlana Tsarukaeva of Russia captured

The medals come two days after Emilie Heymans and Jennifer Abel gave Canada its first of the Games with a third-place finish in the women's threemetre synchro.

THE CANADIAN PRESS





Foil. Lei takes fencing gold

China's Lei Sheng won the men's individual foil gold medal on Tuesday, while Egypt's Alaaeldin Abouelkassem took silver, the first Olympic medal ever claimed by a fencer from Africa.

THE ASSOCIATED PRESS

Skulls. Canuck paddlers bow out

Lightweight Canadian double sculls team Doug Vandor of Dewittville, Que., and Morgan Jarvis of Clearwater Bay, Ont., finished fourth in repechage and didn't advance to the semifinals. THE CANADIAN PRESS



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metr⊕ **SPORTS: LONDON GAMES**

Phelps swims into the record books with relay win



Swimming. U.S. swimmer becomes most-decorated Olympic athlete with 19th medal

Michael Phelps lingered on the blocks, not wanting to make another shocking blunder. The 19th medal was his. All he had to do was avoid a disqualification, then set off on what amounted to four victory laps.

Down and back, then down and back again, the roars getting louder with each stroke

Phelps now has 15 gold. two silver and two bronze medals.

When Phelps touched the wall, he finally had gold at his final Olympics.

And a record for the ages.

Phelps swam into history with a lot of help from his friends, taking down the last major record that wasn't his alone. He took the anchor leg for the United States in a gold medal-winning performance of the 4x200-metre freestyle relay

Tuesday night, earning the 19th Olympic medal of his brilliant career, and the 15th gold.

A more appropriate colour.

"I've put my mind to doing something that nobody had ever done before," Phelps said. This has been an amazing

About an hour earlier, Phelps took one of his most frustrating defeats at the pool, blowing it at the finish and settling for silver in his signature event, the 200 butterfly.

That tied the record for career medals held by Soviet gymnast Larisa Latynina, but it was hardly a triumphant moment. Phelps slung away his cap in disgust and struggled to force a smile at the medal ceremony.

But any disappointment from that race was gone by the time he dived in the water on the relay, having been staked to a huge lead by teammates Ryan Lochte, Conor Dwyer and Ricky Berens.

"I thanked those guys for helping me get to this mo-ment," Phelps said. "I told those guys I wanted a big lead. I was like, 'You better give me a big lead going into the last lap,' and they gave it to me. I just wanted to hold on. I thanked them for being able to allow me to have this moment."

THE ASSOCIATED PRESS



Canada through on Tancredi's two

Canadian forward Melissa Tancredi celebrates her second-half goal against Sweden in Newcastle, England on Monday. Tancredi scored her third and fourth goals of the tournament as the seventh-ranked Canadians rebounded from a 2-0 deficit to tie the Swedes 2-2 and book their spot in the next round. Canada will play

Wednesday's 3 to watch



Men's cycling time trial

After having to do without team support in the Olympic road race, Canadian cyclist Ryder Hesjedal gets a more even playing field in Wednesday's individual

Time: 10:15 a.m. Channel: Sportsnet



Brent Hayden will try to reverse Canada's fortunes in the pool when he competes in the men's 100-metre freestyle final. The Mission, B.C., native

finished fourth in his semifinal heat on Tuesday with a time of 48.21 seconds to advance. Time: 3:30 p.m. Channel:



Men's diving

THE CANADIAN PRESS

Three-metre synchronized diving, featuring three-time world champion and two-time Olympic medal-winning Canadian Alexandre Despatie and his partner Reuben Ross. **Time:** 11 a.m. Channel: CTV

Canadian hopes 'slip away' at Wimbledon

Canadian tennis star Milos Raonic's Games came to a heartbreaking end after losing a marathon match 6-3, 3-6, 25-23 to fifth-ranked Frenchman Jo-Wilfried Tsonga on Tuesday.

The hard-serving 21-yearold from Thornhill, Ont.,

saw his serve broken while trailing 24-23 in the third

"I felt like I played really well for most of the match and I just let it slip away from me at the end," Raonic

The official match time was three hours 57 minutes. The third set alone lasted an even three hours. The 66 games played were the most ever in a three-set Olympic match and the 48-game third set also set a record. It

wasn't clear whether any time records were broken.

Aleksandra Wozniak didn't last nearly as long against Venus Williams as the Blainville, Que., native lost out 6-1, 6-1 to the American superstar.

In men's doubles, To-ronto's Daniel Nestor and Vancouver's Vasek Pospisil fell in second-round action to the third-seeded Serbian duo of Janko Tipsarevic and Nenad Zimonjic 6-4, 5-7, 11-9. THE CANADIAN PRESS

MEDAL STANDINGS

53 of 302 total medal events

| Nation | G | S | В | |
|---------------|----|---|---|--|
| China | 13 | 6 | 4 | |
| United States | 9 | 8 | 6 | |
| France | 4 | 3 | 4 | |
| South Korea | 3 | 2 | 3 | |
| North Korea | 3 | 0 | 1 | |
| Kazakhstan | 3 | 0 | 0 | |
| Italy | 2 | 4 | 2 | |
| Germany | 2 | 3 | 1 | |
| Russia | 2 | 2 | 4 | |
| South Africa | 2 | 0 | 0 | |
| Japan | 1 | 4 | 8 | |
| Australia | 1 | 3 | 2 | |
| Romania | 1 | 2 | 2 | |
| Brazil | 1 | 1 | 1 | |
| Hungary | 1 | 1 | 1 | |
| Netherlands | 1 | 1 | 0 | |
| Ukraine | 1 | 0 | 2 | |
| Georgia | 1 | 0 | 0 | |
| Lithuania | 1 | 0 | 0 | |
| Slovenia | 1 | 0 | 0 | |
| Britain | 0 | 2 | 2 | |
| Colombia | 0 | 2 | 0 | |
| Mexico | 0 | 2 | 0 | |
| Indonesia | 0 | 1 | 1 | |
| Cuba | 0 | 1 | 0 | |
| Denmark | 0 | 1 | 0 | |
| Egypt | 0 | 1 | 0 | |
| Poland | 0 | 1 | 0 | |
| Sweden | 0 | 1 | 0 | |
| Taiwan | 0 | 1 | 0 | |
| Also | | | | |
| Canada | 0 | 0 | 4 | |

WHAT CANADA DID

Tuesday at the 2012 London Olympics BADMINTON

Women's doubles — Alex Bruce, Toronto, and Michele Li, Toronto, lost 21-8, 21-10, to Valeria Sorokina and Nina Vislova, of Russia, in Group

Mixed doubles — Toby Ng, Vancouver, and Grace Gao, Calgary, lost 21-13, 21-16, Robert Mateusiak and Nadiezda Zieba, of Poland in Group B action.

JUDO

Men's 81-kg — Antoine Valois-Fortier, Quebec City, defeated Euan Burton, of Britain, in Ip-pon, Kata-guruma, in 1:45, in the round of 32. He defeated Srdjan Mrvaljevic, of Montenegro, in Waza-Ari, Tai-otoshi, in 5:00 in the round of 16. Valois-Fortier lost to Ivan Nifontoy, of Russia, in Waza-Ari, Harai-goshi, in 5:00 in the quarter-finals. Valois-Fortier defeated Travis Stevens, of the U.S., for the bronze medal in Yuko, Te-Guruma of Repechage, in 5:00.

SWIMMING

Men's 4x200 freestyle relay — Canada finished seventh in its qualifying heat in 7:15.22 and failed to advance (Blake Worsley, Vancouver, 5:55; Colin Russell, Toronto, 2:13.01; Tobias Oriwol, Toronto, 4:01.79 and Alec Page, Victo-

Men's 100 freestyle — Brent Hayden, Mission, B.C, finished third in his qualifying heat in 48.53 and advanced. He finished fourth in his semifinal heat in 48.21 and advanced. Hayden finished sixth in his final heat in 48.21 and ad-

wanced to the 100m freestyle final.

Men's 200 breaststroke — Scott Dickens,
Burlington, Ont., finished first in his qualifying heat in 2:10.95 and advanced. He finished eighth in his semifinal heat in 2:11.71 and

Women's 200 butterfly — Audrey Lacroix, Pont-Rouge, Que., finished sixth in her quali-fying heat in 2:09.25 and advanced. Katerine Savard, Cap-Rouge, Que., finished seventh in her qualifying heat in 2:11.05 and failed to ad-vance. Lacroix finished seventh in her semifinal heat in 2:08.00 and failed to advance.

ROWING

NOVING
Men's double sculls — Michael Braithwaite,
Duncan, B.C., and Kevin Kowalyk, Winnipeg,
finished sixth in their semifinal heat in
6:38.94 and advanced to the final.
Men's lightweight double sculls — Douglas
Nedes Devitte tills Own and Menera Levit

Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished fourth in their repechage qualifying heat in 6:36.03 and advanced to the next heat.

Women's lightweight double sculls — Lindsay

Jennerich, Victoria, and Patricia Obee, Victoria, finished second in their repechage qualify-ing heat in 7:15.37 and advanced to the next

SAILING

SAILING
Men's finn — Greg Douglas, Toronto, is in 15th
place after the sixth race (75).
Men's star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que,
are in 13th place after the sixth race (50).
Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in
11th place after the fourth race (41).
Men's laser — David Wright, Toronto, is in
18th place after the fourth race (73).
Women's windsurfer — Nikola Girke, West
Vancouver, B.C., is in ninth place after the second race (20).

Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 25th place after the fourth

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., lost to Jo-Wilfried Tsonga, of France, in the second round, 6-3, 3-6, 25-23.

Men's doubles — Daniel Nestor, Tronnto, and Vasek Pospisil, Vancouver, lost to Janko Tip-sarevic and Nenad Zimonijc, of Sebla, in the second round, 6-4, 6-7 (5), 11-9.

Women's singles — Aleksandra Wozniak, Blainville, Que., lost to Venus Williams, of the U.S., 6-1, 6-3.

FENCING

Men's individual foil — Etienne Lalonde Turbide, Verdun, Que., lost to Alexander Massialas, of the U.S., 15-6, in the round of 32.

DIVING

Women's synchronized 10-m platform — Meaghan Benfeito, Montreal, and Roseline Filion, Laval, Que., won the bronze medal with a score of 337.62.

WEIGHTLIFTING

Women's 63-kg — Christine Girard, White Rock, B.C., won the bronze medal with a top

GYMNASTICS

GYIMPASTICS
Women's team final — Elsabeth Black, Hali-fax; Victoria Moors, Cambridge, Ont.; Do-minique Pegg, Sarnia, Ont.; Brittany Rogers, Coquitlam, B.C. and Kristina Vaculik, Whitby, Ont., finished fifth with a score of 170.804.

SOCCER

WOMEN FIRST ROUND

| Britain | 3 | 2 | 0 | 0 | 5 | 0 | 9 | | |
|---------------------|------|---|---|---|---|----|---|--|--|
| Brazil | 3 | 2 | 0 | 1 | 6 | 1 | 6 | | |
| Vew Zealand | 3 | 1 | 0 | 2 | 3 | 3 | 3 | | |
| ameroon | 3 | 0 | 0 | 2 | 1 | 11 | 0 | | |
| Tuesday, July 31 | | | | | | | | | |
| At Wembley, Eng | land | 1 | | | | | | | |
| Britain 1, Brazil 0 | | | | | | | | | |
| | | | | | | | | | |

At Coventry, England New Zealand 3, Cameroon 1 GROUP F

Tuesday, July 31 At Cardiff, Wales South Africa 0, Japan 0
At Newcastle, England Sweden 2, Canada 2 GROUP G

| | GP | W | D | L | GF | GA | Pts |
|---------------|----|---|---|---|----|----|-----|
| United States | 3 | 3 | 0 | 0 | 8 | 2 | 9 |
| France | 3 | 2 | 0 | 1 | 8 | 4 | 6 |
| North Korea | 3 | 1 | 0 | 2 | 2 | 6 | 3 |
| Colombia | 3 | 0 | 0 | 3 | 0 | 6 | (|
| | | | | | | | |

Tuesday, July 31 At Manchester, England United States 1, North Korea 0 France 1, Colombia 0





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This is not your regular Jeep







Fuel Saver Technology

To ease the SRT8's 91-octane habit, the 6.4 comes with Fuel Saver Technology that powers down half of the eight cylinders when operating under light or no-load conditions. It doesn't help too much in city driving where consumption is rated at 17.1 l/100 km, but that number drops to 11.4 on the highway.

Base content

All SRT8s arrive contented to a reasonably complete degree, with climate control, heated and cooled leather seats for both rows, heated steering wheel and 20-inch wheels fitted with foot-wide Pirelli all-season performance tires.

Engine

Hauling anything with the SRT8 should be a breeze, owing to its 6.4-litre Hemi V8 generating 470 horsepower and 465 pound-feet of torque. That's up 50 horses and 45 pound-feet from the previous 6.1-litre SRT8. Jeep says that the 6.4 can propel the 2,340-kilogram Grand Cherokee to 60 m.p.h. (96 km/h) from rest in 4.8 seconds.

- Type. Four-door, four-wheeldrive sport utility vehicle.
- Engine (hp): 6.4-litre OHV V8
- Mileage: L/100 km (city/hwy) 17.1/11.4
- Base Price (incl. destination):

Review. Trust Jeep to build yet another vehicle no one else can

MALCOLM GUNN

Acceleration, cornering force on asphalt and stopping distance generally have nothing to do — at all — with the Jeep brand. In fact, the Grand Cherokee SRT8 is about as un-Jeep-y as it gets.

But here it is, a combination that's unique among North American-based sport utility vehicles and a rare achievement for any such model from anywhere at just about any price.

Knobby tires, big ground clearance and exposed door hinges? Nope, but the SRT8 is a Jeep that you just have to

initials refer to Chrysler's Street and Racing Technology division and the Grand Cherokee is one of four such designated models with the others being the Chrysler 300 and Dodge Charger sedans plus the Dodge Challenger SRT8 392. Later this year, the Viper coupe returns as the first SRT-nameplated model (the Dodge handle has

been dropped). You're forgiven if you assumed the ride was over for the Grand Cherokee SRT8 when it passed into history following the 2010 model

With its big-power V8 and taut suspension, the Jeep delivered Cheetah-like launches along with snappy passing prowess, regardless of weather or road conditions. However, at a cost of thousands

more than a more-off-road-capable base Laredo V6 or Limited V8, that could have easily sealed the SRT8's fate.

Well, apparently there remains enough potential buyers with outrageous transportation leanings to prod Jeep into bringing the SRT8 back on line

Only this time there's more passenger space, luxury features and power, all wrapped up in a sinfully slick wrapper.



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metronews.ca metronews.ca wednesday, August 1, 2012

Evolving the road trip, through social media

Autopilot



AUTO PILOT Mike Goetz drive@metronews.ca

I don't know about you, but sometimes I feel like the world is going to hell in an Internet-connected hand basket.

Primarily those are the times when I would look around our home and see every member of our family dispersed and tethered to various and different screens. Four separate islands of Facebook, Call of Duty, YouTube, and Sportsnet.

So I was thrilled to get wind of Greg Mountenay and his most excellent road trip adventure.

Greg took an old, glorious form of non-digital social interaction, and one close to my heart, the automobile road trip, and gave it a really cool, new life — by actually leveraging our now-digitized social life.

He decided to drive across the country and connect

with as many of his Facebook friends as possible. What a cool idea!

"A lot of people are concerned that social media is going to take over, be the new frontier of conversation," says Greg, over his cell phone connected to a hands-free Bluetooth device, on the road somewhere between Sault Ste. Marie and Sudbury, Ont.
"But it means more to me,

"But it means more to me, that I have stayed connected to my friends."

He makes a great point; the continued connection has allowed him to be welcomed with open arms from one end of the country to another, and created the circumstances, as he says, "to put another layer on the friendship."

But how did he come up with the idea?

"It was in that lull after graduation, when you realize you have two degrees and are unemployable ... I was hanging out with one of my friends, saying wouldn't it be great to just walk into a Canadian Tire, grab everything you need for a Canada-wide road trip — GPS, sleeping bag, tent — and head on my wav."

Turns out, this friend has a friend at Canadian Tire. Long



story short, Greg more or less got this cool, "summer job" at Canadian Tire, driving across

the country in his 2003 Suzuki Grand Vitara, connecting face-to-face with friends and

family, blogging about his experiences, and trying out various Canadian Tire road trip products, like the Jawbone Bluetooth, Magellan GPS, and Coleman Instant Tent.

All along he wanted to tie the trip to Facebook, to visit as many Facebook friends as possible along the way. But it took on an even greater Facebook spin when he started posting his possible itinerary.

"Once friends knew I was going across the country, they said, 'Well you have to stop and see me."

The other neat aspect of chronicling the journey over the web, is that friends can track his progress as he makes his way toward them. The "build up" creates even more excitement. He recalls his friend, Jen Feele, getting more excited by the day, as he made his slow way to her home base in Squamish, B.C.

"I get status updates from friends," says Greg.

"I know what's going on in their lives. But I haven't actually seen some of them for years. It was so amazing to be able to connect ... to see what their lives are like and what the country is like, from their perspective."

Check out his blogs at greg mountenay.wordpress.com. Use any internet-connected device at your disposal.



DRIVE

Last-gen GS owners enjoyed supreme luxury

Second Gear.

2006 to 2012 Lexus GS

JUSTIN PRITCHARD

The last-generation Lexus GS offered up a healthy dose of reliable performance, owner satisfaction, and luxury to rival premium-sedan competition from Europe and the U.S.

Available from 2006 to 2012, it offered up numerous configurations and options to fine-tune it to a variety of needs and tastes. Look for navigation, a Mark Levinson stereo system, climate controlled leather seats, a sunroof, push-button start, xenon lights, Bluetooth and plenty more — depending on the model in question.

Common Issues

Check the condition of the factory tires, and listen for any brake 'squeal' as you stop. A major complaint of the GS is squeaky brakes — which could be the result of improper pads or excessive brake dust. Having the brakes serviced is likely to fix this problem.

Note that a faulty oil line on earlier models with the 3.5-litre engine could lead to oil 'starvation' at startup, resulting in a loud, clattering 'metal on metal' noise from within the engine. Ensure the GS you're test-driving is cold and hasn't been warmed up ahead of your arrival to conceal this sound.

TORSTAR NEWS SERVICE

Engine

Six or eight cylinder power was available, with between 245 and 324 horsepower on tap, depending on the engine. All Wheel Drive (AWD) was available too.

Business Opportunities

What Owners Like

Posh cabin appointments, overall comfort, performance, styling and a long list of gadgets are all enjoyed by Lexus GS owners. A smooth, quiet ride and high-quality, solid feel round out the package.

What Owners Dislike

Road noise, premature tire wear, dashboard rattles and some unintuitive controls are among the most common complaints.

Verdict

A GS that checks out electronically and mechanically should provide a supremely luxurious and dependable motoring experience. Count on paying a premium in the used market compared to some competitors.

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BY MICHAEL WIESENBERG

↑ Aries

March 21 - April 20

Let employers and people in positions of authority know what you can do. Let them know how hard you work and how much value you add to the tasks you undertake. Make sure you get the recognition you deserve.

Taurus April 21 - May 21

A new phase has begun but still you are clinging to the past. The planets indicate that it's time to move on and the sooner you come to terms with that fact, the sooner you will enjoy life again.

∐ Gemini May 22 - June 21

Money matters may be high on your priority list at the moment but that does not mean your social life has to take a back seat. The approaching full moon will bring someone new and exotic into your life.

Gancer June 22 - July 23

Be generous with others today, even if you have fallen out with them over emotional or material issues that are important to you. There is no point holding grudges - the person it hurts most is you.

9 Leo

July 24 - Aug. 23

The pace of life is picking up by the hour, if not the minute, and today and tomorrow you will have to react to situations that are not of your choosing. Stay calm and you'll do OK. Nothing can hurt you.

M Virgo Aug. 24 - Sept. 23

Passions will be running high over the next 24 hours and there may be times when it all gets a bit too much for you. Those are the times when you need to back off and let things cool down a bit.

△ Libra

Sept. 24 - Oct. 23

If nothing else, the approaching full moon will help you to see things from other people's point of view — and that's a useful talent to have. If you know how they think, you'll also know what to expect.

M Scorpio

Oct. 24 - Nov. 22

Something amazing will happen over the next 48 hours and although it may cause you a few moments of alarm, you can sense it's all good really. What is an upheaval for some can be an opportunity for you.

プ Sagittarius

Nov. 23 - Dec. 21 Forget about how much something might cost you and go for it. If it engages vour imagination then it must be good. Don't overanalyze what is really a quite simple situation.

り Capricorn

Dec. 22 - Jan. 20

Tomorrow's full moon will bring to a head an issue that has been worrying you, but it's what you do today that will determine how much of an impact it has. Be cautious. This is not a time to take risks.

→ Aquarius

Jan. 21 - Feb. 19

It's not like you to have second thoughts once your mind is made up about something but that's exactly what is happening. Could it be you have taken a wrong turning along the way? Yes.

H Pisces

Feb. 20 - March 20

You have every right to express your opinion — in fact it's more than a right, it's a duty. The reason powerful people don't like what you say is because they know it's the truth. All the more reason to say it. SALLY BROMPTON

- constrictor: python relative
- 4. Divvied up
- 13.
- called their uncle
- 17. 13th PM John (1957-1963)
- 19. ATM charge
- the bouncer
- 22. Deliver cards
- Bonaparte, or leave as a
- castaway, like Gilligan
- 27. 6th PM, whose 69 days
- shortest term
- on the floor
- try'
- 34. San Francisco's cops:
- 38. Dashboard engine
- 42. 3: Fr.
- 44. 8: Fr.
- between Macdonald and Thompson

- 55. Revolve
- __do: karate type 57. Tae _ 60. Loosen, as laces

- 10. ___ of luxury
- Donald: what Huey, Dewey, and Louie
- 15. Kansas capital 16. Anger
- 20. Successfully bypassed
- 21. Margarine
- 23. Isolate, as Napoleon
- 25. Christmases
- in office in 1896 were the
- 32. " _ it down": put it
- 33. "Let's give ___!": "Let's

- speed gauges 41. Blizzard feature

- 46. 3rd PM (1891-2),
- 51. TV hostess O'Donnell
- 52. Prepares clams
- 61. Help

- 62. Canada's first woman
- 64. Lower limb 65. "Rub-a-dub-dub,
- three men 66. Early Ontario inhabitants
 - 67. Before: poetic 68. Related on father's
 - 69. Snake's warning

- 1. Barely move
- 2. Burger garnish acid: vinegar component
- 4. RR ston 5. Bum
- and lend me 6. "Be 50 bucks, willya?"
- 7. Enters again, as data 8. Barely make, as a living
- 9. Pop folk singer-songwriter Williams 10. Time from cradle to
- arave
- 11. Acreage 12. Apple covering
- Called Wanda: 1988 John Cleese film
- 18. Former Chinese premier Chou
- 22. History and English, etc.: univ. divisions
- 24. Former: poetic
- 26. A ___: his (Fr.) 28. Meadow
- 29. ___ Sketch: classic drawing toy 30. Megalomaniacal
- 40. Brothers and sisters. briefly 43. "Help!"

35. End of the work wk.

37. French city famous for

36. Goldilocks meal

39. Wheel center

31. Tier

34. Rds.

mustard

- 45. Compute the sum of
- 47. Backpacker's activity 48. Paul of Cool Hand Luke
- 49. Year that Claudius I
- was born
- 50. French fries, slangily 53. The M in MPG and MPH
- 54. 1990s tennis champ Monica with nine Grand
- Slam titles 55. Bargain hunter's
- delight
- 56. Docking platform 58. "He doesn't ___ bit afraid, does he?"
- 59. Astro or cosmo fol-
- lower 62. Korean car manufac-
- 63. Honorary U.K. title



See today's answers at metronews.ca/ answers.



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Yesterday's Sudoku

| 8 | 2 | 5 | 4 | 9 | 3 | 7 | 1 | 6 |
|---|----|----|---|---|---|---|---|---|
| ü | 3 | 9 | 1 | 7 | 8 | 4 | 5 | 2 |
| 4 | -1 | 7 | 2 | 5 | 6 | 8 | 9 | 3 |
| t | 5 | 3 | 9 | a | 4 | 2 | 6 | 7 |
| 2 | 6 | 4. | 7 | 3 | 1 | 5 | 8 | 9 |
| 9 | 7 | 8 | 5 | 6 | 2 | 1 | 3 | 4 |
| 5 | 9 | 1 | 0 | 2 | 7 | 9 | 4 | 8 |
| 3 | 4 | | | 1 | | | 7 | 5 |
| 7 | 8 | 6 | 0 | 4 | 5 | 9 | 2 | 1 |

| | | | | | 9 | | 8 | | |
|---|---|---|---|---|---|---|---|---|--|
| 4 | 8 | | | | 1 | 3 | | | |
| | 3 | | 2 | | | 9 | | | |
| | 5 | | | 9 | 6 | | 7 | | |
| 2 | | | | | | | | 6 | |
| | 1 | | 5 | 7 | | | 4 | | |
| | | 7 | | | 5 | | 3 | | |
| | | 3 | 6 | | | | 5 | 2 | |
| | 6 | | 4 | | | | | | |
| | | | | | | | | | |

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Was \$46,470 Naw



Was \$23,995 New



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Was \$56,745 N



Grand Cherekse Ltd Was \$50,195 New



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